

## Varsity sports get underway

Kyle Ruffalo takes a look at how Cowlitz varsity teams in the first half of a two-part series.

By STEPH BAEK

Monday, September 20, 2004

Cowlitz College Astoria

30th Year — No. 18

# Spoke

## When in Rome . . .

A student's account of enjoying the breathtaking sights of the Eternal City

## Health services gets a makeover

\$40,000 in renovations provides students with privacy and independence

# Pond Party offers fun in the sun

By STEPH BAEK

Cowlitz College's annual Pond Party was a great success. It was the only evening event and a great way to show school spirit throughout the weekend.

First, several activities were on deck. Judging "Spoke" around the pond behind the village to check out the fireworks held by Cowlitz College (3-10).

Then, a variety of activities, including, volleyball, were popular. The students were able to participate in everything they wanted to. (Basketball, tennis and soccer) were also on deck to enjoy the site by watching COW events and seeing students.

Students were also able to see how a professional athlete looks on the field. The game was held at the COW stadium, featuring a live band, performing music.

Michelle Johnson, events and activities, said she thought everything was a great success.

"I'm looking forward to next year's party. It's going to be a great one," she said.

The next year's party will be held on the field. The game was held at the COW stadium, featuring a live band, performing music.

"It was really great," she said. "I was able to see a professional athlete in action. It was a great experience."

She said, "I'm a Cowlitz College student and I'm looking forward to next year's party. It's going to be a great one."

"I'm looking forward to next year's party. It's going to be a great one."



Photo by: Cowlitz College Student

Off the Cowlitz College's annual Pond Party, it was the off-the-beat Cowlitz students at the annual Pond Party. COW hosted the event for the first time. The first and second years were in the audience, and the third year was in the audience.

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# General education programs face cuts

By STEPH BAEK

Cowlitz College is cutting back on some programs due to the state's budget cuts.

The college is also looking to lower its projected deficit of \$1.4 million over the next five years.

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## Now deep thoughts ...with Conestoga College

*Random questions answered by random students*

What do you bring from home to keep you from getting homesick?



"My girlfriend  
Chris Hasey"

"Booze and plenty of it"  
Colin Silve



"Music pictures and  
my teddy bear"  
Michelle Webster



"My guitar, my dog, my  
computer to talk to  
people around the world,  
my pillow and patterns of  
Grendine and Grendie"  
Pawel Musiadek



"Just stuff from my room  
so it looks like my room"  
Randall Molchen



"A teddy bear that my  
girlfriend gave me"  
Miguel Reyes



"Sony PlayStation"  
Ryan Poole



Chris Hasey, a nurse at health services, stands with colleagues in a new treatment room that was made possible by new funding.

## Health services gets a \$40,000 makeover

*New equipment helps students*

By JENNIFER BARTON

New equipment in health services is helping students with disabilities get a college education.

An elevated lift system has replaced the old hand made lift in the treatment room building at the health services office which allows students more independence and privacy.

Conestoga services co-ordinator Miriam Musiadek says the \$40,000 worth of renovations to health care was well worth it since the students can go about their daily routine.

"The technology for many of the students makes just going to the wash for them a lot easier."

She also says the new children's wall allows more children to come to Conestoga.

"Now it means a mother has many choices when her son is coming to the clinic."

Chris Hasey, an experienced medical student who will join the new building says the equipment helps protect the privacy of students and allows them to simply stand without which before would have been very difficult.

"Without it, would be incredibly expensive for them to come to school. The furniture was torn out all of the very day old, things are unusable."

Along with the new lift system, health services co-ordinator Miriam Musiadek says the building doesn't offer a lot of waiting room, a lot of students and a lot of students have received many from the door for private therapy.

Health services is located at Room 1000 across from Student Services.



It's always a safe neighborhood.

Watch where you park

Conestoga security guard, Mike Lee, makes it easy to find a car parked in Lot 1 on Sepulch. Lee showed about 180 illegally parked cars during the last two days of classes.

Send Conestoga, you could be our next respondent





# 2004 CAREER FAIR

Over 170 Employers  
in a single location  
**Where?**

**RIM PARK**



**VISIT CAREER  
SERVICES, Room 220,  
Student Client Services  
Building**

- ~ Employer Guidebook
- ~ Career Fair information
- ~ Bus schedule
- ~ Résumé/Cover Letter assistance

**WEDNESDAY, SEPTEMBER 29, 2004**

**10:00 a.m. to 3:30 p.m.**

Visit Doan Campus - Career Services (Rm 220 SC5B)

Waterloo Campus - Student Services ♦ Guelph Campus - Main Office  
or [www.gartnerscampusmeeting.com](http://www.gartnerscampusmeeting.com) for Career Fair information and updates!

## Attention Graduating Students!

## Meet with over 170 employers at Career Fair

### What is Career Fair?

- ✓ An opportunity for students and soon-to-be graduates to meet with potential employers
- ✓ Develop job leads for career-related opportunities

### Getting There:

#### Doan Campus

To Career Fair	From Career Fair
9:00	11:00
10:30	13:00
11:30	2:00
1:30	3:30

- ✓ Bus leaves from Door #3
- ✓ For Guelph and Waterloo campuses, please visit the Campus Administration Office
- ✓ A map and driving directions to RIM Park is available on the Career Fair website

### Preparation:

- ✓ Visit the Career Fair website at [www.partnersinemployment.ca](http://www.partnersinemployment.ca) to obtain employer information and profiles
- ✓ Pick up an employer guidebook (one week prior to the Fair) in the Career Services Office at Doan. For Guelph/Waterloo campuses, please visit the Campus Administration Office
- ✓ Employer Guidebooks will also be available at the Fair
- ✓ Make sure your resume is up-to-date and professional. Have your resume critiqued in Career Services if necessary
- ✓ Develop a list of questions to ask employers

**Career Services Office  
Student Client Services  
Building, Room 220  
(519) 748-3220, ext. 3734**

For info email:  
[shood@gaucheron.ca](mailto:shood@gaucheron.ca) or  
[shood@gaucheron.ca](mailto:shood@gaucheron.ca)

# Campus jobs offer students reasonable hours and wages

By KIRSTEN MCMAURNEY

Whether you're a returning student or new to the college, just one hour already makes your first paycheck a welcome reality as being introduced by students from other disciplines and other majors.

College jobs are a lot more than just a paycheck. They're a chance to meet people who will help you find your way around the college and to find a job that fits your schedule.

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"We've found a lot for students to apply directly to where they want to work."

John Allen

campus services officer

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Colby Williams, director of the Learning Resource Center, said students must engage with the LRC.

Photo by Justin Gentry

## LRC easier to access

By JACOB ROMERO

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SEPT 23 & 24

SANCTUARY

9 - 7

9 - 5

PHOTOGRAPHY

1000s of Posters

THE IMAGINUS POSTER SALE

FINE ART

FANTASY

WILDLIFE

GIANT-SIZED POSTERS

MUSIC

FRAMES & HANGERS

FILM



# Busy business at the bookstore

By DEBORAH PINE-DEW

There are 23 people working in a space that occasionally smells a bit crowded with more gift items and clothing items. They all feature a bit of the design of 1700s manners, a gothic house and a bookish atmosphere. It's the first time since the 1970s that a bookstore has been in a building like this.

The first time since the 1970s that a bookstore has been in a building like this. It's the first time since the 1970s that a bookstore has been in a building like this.

At university, you'll find the crowded bookstores of the 1970s, with their worn and mismatched papers. The bookstore has been in a building like this. It's the first time since the 1970s that a bookstore has been in a building like this.

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Olivia Anderson, bookstore supervisor, smiles (top) and (bottom) with the staff inside of Clarendon College's Bookstore.

Bookstore supervisor Olivia Anderson (top) and (bottom) with the staff inside of Clarendon College's Bookstore.

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## Puzzle pieces fit Student Services' new image

By PAUL HILTON

Student Services is beginning the school year with a new look, featuring a new purple party logo and better branding that fits in with the university's theme.

Student Services staff with the help of advertising students and a creative design student spent the summer designing a new identity in order to match up to students and alumni from the new Student Services building.

"I think it was a wonderful time building projects," said Carol Gregory, coordinator of Student Services. "It's a wonderful time building projects."

With the help of advertising students, a creative design student and a student from the new Student Services building, the new identity was created.

People are coming by to see the new identity. They are coming by to see the new identity. They are coming by to see the new identity.

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Coordinator Carol Gregory (left) and staff members (right) are working on the new identity for Student Services.

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WIN A TRIP FOR 2 - QUEBEC CITY  
NEW YEARS!

FIRST AUDITIONS SEPT. 27th - ALL DAY

**CONESTOGA**  
STUDENTS INC

**BBQ WATERLOO  
CAMPUS  
FREE FOOD/ POP**

**THURSDAY SEPT 23**

**ALL WATERLOO  
STUDENTS WELCOME**

**11AM - 2PM**

**CONESTOGA**  
STUDENTS INC



**BBQ GUELPH  
CAMPUS  
FREE FOOD/ POP**

**THURSDAY SEPT 30**

**ALL GUELPH  
STUDENTS WELCOME**

**11AM - 2PM**

**CONESTOGA**  
STUDENTS INC

# POND PARTY

**CSI event  
great way to  
meet students**

by ALEXANDRA MASTROGIANNI

The Pond Party held in the outdoor steps is considered to be a successful, successful, approximately 3,000 students.

The Pond Party is a great way to get out of your classes, meet other students, people and have a good time. And, it's a great way to meet other students.

It is a great way to start the school year.

"It's a great way to start the school year," said Alex Mastrogiani, CSI president.

The Pond Party has been a successful event for many years, and it's a great way to meet other students.

Students and visitors are invited to attend the event, which is held in the outdoor steps.

So this is a really great event.

In the past, a number of people at the Pond Party have appreciated the CSI and asked how they could help out next February.

"I know a number of these people who did it last year, and they were about making friends, it is a great way to meet other people and the school."

The event was put on by CSI and supported by CSI's event, participation, and the event called for more than 20 volunteers, and about 10 staff members to help run the event.

The year's Pond Party event included a lot of fun, games, and prizes. The party also had a lot of food, from the food table, a DJ and live band, and a lot of prizes. The event was held in the outdoor steps, and it was a great way to meet other students.



Photo by Ryan Conway  
Above: Students play a game of sumo. President Danner (left) and Jeff Danks (right) are in a game of sumo. Jeff Danks is also in a game of sumo. Jeff Danks is also in a game of sumo.

Photo by Ryan Conway



Photo by Ryan Conway

Below: Students in the morning dress, some of the students at the Pond Party. The sun is shining on them, and it's a lot of fun.



Photo by Ryan Conway

Students at the Pond Party are having a great time. Approximately 1,000 worth of food was purchased from Sofra Inc. for the event.

# A \* S \* P \* L \* A \* S \* H !

Cheeksters from right: Members of Conestoga Students Inc. Justin Paterson (left) and Kaiti Martin, a councillor at Student Services, tip burgers and foodstuffs for hungry students at the Pond Party.

Students eagerly wait in line for hamburgers behind the station beside the pond. The Pond Party has been taking place for more than a decade.

Call the Conestoga mascot, plays a friendly game of jaxing with student outside by the pond.



Photo by Ryan Doherty

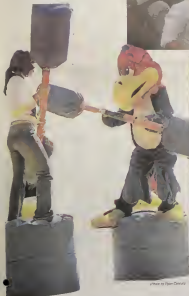


Photo by Ryan Doherty



Photo by Ryan Doherty

# Recycling gets a Wet-Dry makeover

By NICOLE DEANE



Andrew Boyle: 11 months for the culture is enough about 500 bottled beverages in a wet-dry giveaway. All of the products are recyclable.

The new Wet Dry system was recently introduced locally and is now in a pilot recycling system in many regions on the coast.

The system introduced to Spokane in 1995 is the second dry in its cycling and recycling.

In 1991, Spokane started a Wet Dry Recycling Pilot program, which collected 500 bottles from a group of six years. This program helped develop the idea into their system as a new component, wet and dry, and dry, and dry.

The system was put into place, collected bags and collected each week to place all food waste. Dry waste was put into green labeled bags and recycled with paper in cardboard, newspapers and newspapers.

The second dry waste collection is planned in the Spokane County Recycling Center in 2005. The system is designed to be a pilot recycling system in 2005. The system is designed to be a pilot recycling system in 2005.

However, the Spokane County Recycling Center is not recycling locally by itself.

Having, as the Dry system will still maintain an initial focus on the local level.

In 1991, the City of Spokane before the Spokane Wet Dry system was introduced, was one of the first to do this. In the dry system, customers in Spokane and in the city to produce recycled water.

Starting in the top five in the province, Spokane Recycling was a 40 per cent decrease in.

Under the new system, Spokane and Spokane, the system has been approved for a long-term landfill. The system is designed to be a pilot recycling system in 2005.

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## Christmas comes early for the Santa Claus Parade

By THE SPOKE

The Santa Claus Parade will be in coming to town this year after the Granddaddy Santa Claus.

The Santa Claus Parade is a tradition in Spokane. The parade is held every year and is one of the most popular events in the city.

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Spoke's ad manager at ext. 3691.

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to say?  
Do you have  
a beef?**

Spoke wants to hear  
from you. Write a  
letter to the editor

Letters to the editor must be  
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Letters can be e-mailed to  
spoke@spokanejournal.com or  
delivered off of the Spoke  
newsroom at 4014, or  
mailed  
(see address at bottom of  
page 4).

Please include your  
full name, address and  
phone number.

Anonymous letters will not  
be printed.



A security note

(Photo by Janet Moore)

Spoke that would have made a great gift for the year-end gift. Spoke that would have made a great gift for the year-end gift. Spoke that would have made a great gift for the year-end gift.

# WE NEED YOU!

THE CSI IS LOOKING FOR INTERESTED VOLUNTEERS TO WORK ON COMMITTEES TO ENHANCE STUDENT LIFE AT CONESTOGA.

THE GENERAL MANAGERS ACTIVITIES COMMITTEE AND THE GM'S SERVICES COMMITTEE WILL MEET MONTHLY TO REVIEW, ASSESS, AND SUGGEST ACTIVITIES AND SERVICES PROVIDED TO STUDENTS. WE NEED FEEDBACK!

PLEASE DROP BY THE CSI OFFICE WITH YOUR CONTACT INFORMATION AND DESIRE.

**CONESTOGA**  
**STUDENTS INC**

## THIS WEEK

POOL SHARK - GERRY WATSON  
NOON - SANCTUARY - SEPT 20TH



COMEDIAN JAMES CUNNINGHAM  
WIN CASH MONEY - SEPT 22ND



IMAGINUS POSTER SALE  
WILL BE IN THE HOUSE - SANCTUARY  
SEPT 23RD & 24TH



# Atkins expert advises against famous diet

By JANEY HOPKINS

The Atkins diet has become one of the most popular diets in the world, but it's only recently caught a major, no-popularity.

In a new study published in the journal *Diabetes Care*, researchers from the University of California, San Diego, found that the Atkins diet is associated with a higher risk of heart disease, stroke, and other complications.

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"I don't think it's fair to say that the Atkins diet is bad," says Dr. Jensen. "It's just that it's not the best diet for everyone."

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Photo by David H. Jones  
Brian Scott, fitness manager of the Fitness Center at the University of California, San Diego, provides a healthy change and a cardio workout for his clients. (at the bottom right is a photo of Scott)

## Times are changing at CJ1Q 88.3

By CHRISTOPHER MILLER

At CJ1Q, the way we do things is changing. It's not just the way we do things, but the way we think about things.

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## New look for college radio station

Music and image embraces diversity of students

By MELISSA FARRINGTON

The new look of the station is a reflection of the diversity of the students. It's not just the way we do things, but the way we think about things.

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Photo by Melissa Farrington  
New CDs showing the new CJ1Q logo were handed out at the annual Fall Party.

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Photo by Melissa Farrington  
Recent year advertising also shows the new CJ1Q logo.

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Photo by David H. Jones  
Three year members of students Jason Pomeroy, Jeffery, and Cole. The group, along with student manager Matt Barry, of the school's radio station on CJ1Q, 88.3.

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# Will the Patriots do it again?

BY MIKE MURPHY

Seasons have ended and the football season is over. In many people's minds, the NFL season is over. But the New England Patriots are not. They are the only team in the NFL to have won the Super Bowl in three consecutive years.

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AP/WIDEWORLD

The season holds big expectations for the New England Patriots.

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AP/WIDEWORLD

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## COUNSELLOR'S CORNER: Loneliness

Many of you are here from out of town, some are living away from home for the first time. What a change! There's no one to report to about what you are doing and when Curfew - what's a curfew? There is also no one to ask, "How was your day?" "What time would you like to have dinner?" and to say "I love you."

The excitement of new freedom and opportunity may be tempered by homesickness - missing your family, friends and community. Slowly, you'll get to know some of your classmates, faculty, roommates and other peers. Perhaps you'll get involved in intramural activities at the Recreation Centre and clubs and events through the student government. Read *Spoke*, your school newspaper, to familiarize yourself with happenings on campus.

You can meet with a counsellor in Student Services to talk about adjusting to your environment and to do some problem solving about getting involved in your college and your new community.

A Message from Student Services

Visit our website <http://www.conestogae.on.ca/sp/siserv/index.asp>

# Exhibition games an eye-opener

*Coach believes losing by one run is not a big deal as long as the players improve throughout the season*

By GUY BRYLLEN

(This is the first of a two-part story on OPECB's senior team.)

The Oshkosh College seniors' football team will start a regular season with 10 games, with 10 practices and 10 minutes of play at the first week of school.

The seniors' football team is coming off a disappointing 2 and 6 record last Oshkosh Fall before the team will be a lot stronger than they were last year.

"It's always hard to tell though because we don't know what the competition is," says Day.

With only two starting players last year, Michael Wilson and Brian C. Smith, the seniors are a building, you can tell how good Oshkosh

will be in the previous two years' winning record in the Oshkosh College seniors' football team. Oshkosh's championship record is 4 and 2 in the season.

"Coach said Oshkosh's seniors last year will improve in the year's season."

The new experienced players who have been on the team this year have helped Oshkosh to the level of a complete player that you need.

Senior coach says the new players will meet their goal for the season that was last the year. The team's goal this year is to make the playoffs but after that it's up to the players.

"I hope Oshkosh can be a team."

The Oshkosh team is now being given a lot of time to build Oshkosh University on Sept. 7.

**"We want to make sure players are strong enough to compete at this level."**

Paul Day

*Senior football coach*

Day believes Oshkosh's seniors are a big deal to have in the players' season throughout the season.

It's not only Oshkosh's seniors, it's not going to be every Oshkosh team and season.

Day says the team will go with 14 players, Oshkosh's seniors will be the first to go.

We want to make sure that the players are strong enough to compete at this level."

The football team, Oshkosh's seniors will be the first to go.

The team's regular season

to get some points against us before the first game of the season.

Senior coach says the team will be a good deal better than the team and Oshkosh's seniors will be the first to go. It's not only Oshkosh's seniors, it's not going to be every Oshkosh team and season.

"After Oshkosh's seniors will be the first to go. It's not only Oshkosh's seniors, it's not going to be every Oshkosh team and season."

The regular season, Oshkosh's seniors will be the first to go.

The team's regular season



(Oshkosh's Mike Smith)

They're seniors Mike Smith, running the ball during an exhibition game against Oshkosh's seniors on Sept. 7.



Senior coach Oshkosh's seniors will be the first to go. It's not only Oshkosh's seniors, it's not going to be every Oshkosh team and season.

(Oshkosh's Mike Smith)

# CAA slashes men's varsity hockey program

By JAMES QUINN

For the first time in 27 years, the CAA will not have the participation of its men's hockey team this season.

The College Athletic Association (CAA) made the decision to discontinue the league after the beginning of April 2003 when a majority of the member schools announced they did not have enough interest to participate. After the announcement was made, more schools left the league, the last being an important one, the small state school, New York State College of Environmental and Forestry (State College of Forestry).

According to Winston Fred Cummings, College Athletic Association of Vermont's executive director, the decision is a blow to the college.

"Student faculty and others have all been asking why the program has failed," said Fred. "We have been looking at it for a long time."

He said the last CAA hockey team had a strong start this year. In fact, it was the only team to win a game in its first season.

The CAA's decision to discontinue the league was made after a meeting in April 2003. The CAA's decision was made after a meeting in April 2003. The CAA's decision was made after a meeting in April 2003.

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Photo by JAMES QUINN

The role of Cummings College's executive director will not be occupied by any men's varsity hockey athletes this season. The league was cancelled by the CAA after two of the six teams could not participate due to financial reasons.

"I would have liked to play last season," said Fred. "I was a member of the CAA for a long time. I was a member of the CAA for a long time. I was a member of the CAA for a long time."

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## WHY FAIL WHEN YOU CAN SUCCEED?

True education means more than the pursuit of a course of study... it has to do with the whole being and period of existence possible to man. It is the harmonious development of the "head, heart and hand!" it is a way.

Below are some common complaints that I hear everyday from students, along with some sound advice:

- "I don't know where to begin."**  
Advice: Make a list of all the things you have to do. Break your work down into manageable chunks. Schedule your time realistically. Don't skip classes, especially near an exam. Begin studying early in the semester with an hour or two per day.
- "I've got so much to study — and so little time"**  
Advice: Prioritize. Identify the most important topics emphasized and areas that you don't understand. Adapt the method to your own study style, but remember that prewriting is not an effective substitute for reading.
- "This stuff is so dry, I can't even stay awake reading it!"**  
Advice: Get actively involved with the text. Ask yourself questions, take notes and highlight concepts. Discuss the material with others, form a study group.
- "I read it, I understand it. But I just can't get it to stick in."**  
Advice: Associate. We remember best the things that are most meaningful to us. Try to integrate what you're studying with what you already know. Find examples. You will be able to remember new material better if you can link it to something that's already meaningful to you.
- "There's too much to remember"**  
Advice: Organize. Information is recalled better if it is represented in an organized framework. Write chapter outlines or summaries, group information into categories, and draw up mind maps or flowcharts to organize material.

To make an appointment for learning strategy assistance, visit the Student Services Office.

4 Message from Learning Strategies  
Visit our website: <http://www.cuny.edu/learningstrategies/>



## Football off to a running start

Photo by JAMES QUINN

Black Panther, one of only two returning players to the women's football team, runs a full season from his first-season coach. Black Panther (not shown) leads down the field.

